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FORMATION OF MOTOR SKILLS OF STUDENTS BY MEANS OF BELT WRESTLING ALYSH IN PHYSICAL EDUCATION (REVIEW OF LITERATURE SOURCES)

The article represents the data of improvements in the field of motional skills formation of students by means of Alysh belt wrestling, the improvements of students' PE methods during the course of belt wrestling according to literature sources. With the help of this knowledge it would be possible to outline the ways to improve the motional skills formation of students by means of belt wrestling according to their fitness level. It will be analyzed the existing motional skills formation methods of students during the physical education process. This will allow students who are engaged in belt wrestling to improve their fitness level significantly. The purpose of the research is to develop and substantiate the contents and methods of motional skills formation of students; to outline the ways to improve and to measure PE of students by means of Alysh belt wrestling; to analyze the existing methods and use the elements of the system for preparing students for belt wrestling in the current context.

To improve the motional skills formation of students by means of Alysh belts there were set the following goals:

- to consider the literature data of motional skills formation of students;*
- to analyze the existing methods and use the elements of the system in students' PE process;*
- to outline the ways of further development of the motional skills formation of students by means of Alysh belt wrestling in the current context.*

Key words: *alysh, belt wrestling, students, physical education (PE).*

Волошин О.О., Приймакова О.О. Формування рухових умінь студентів засобами боротьби на поясах алиш в процесі фізичного виховання (огляд джерел літератури). В статті наведені дані щодо вдосконалення формування рухових умінь студентів різними засобами фізичної та спортивної підготовки в тому числі боротьби на поясах Алиш як на обов'язкових, так і на факультативних заняттях.

Вивчено ряд сучасних методик формування рухових умінь борців на поясах, як без суперника так і методик виконання вправ з умовним (пасивним) суперником із використанням допоміжних пристосувань та методик виконання вправ з активним суперником для удосконалення техніки і тактики дій, враховуючи індивідуальні особливості суперника.

Покращення методик фізичного виховання студентів засобами боротьби на поясах Алиш за даними огляду джерел літератури.

Ключові слова: *алиш, боротьба на поясах, фізичне виховання.*

Волошин А.А., Приймакова О.А. Формирование двигательных умений студентов средствами борьбы на поясах Алыш в процессе физического воспитания (анализ литературных источников).

Приведены данные относительно усовершенствования формирования двигательных умений студентов различными средствами физической и спортивной подготовки в том числе средствами борьбы на поясах Алыш, как на обязательных, так и на факультативных занятиях.

Изучено ряд современных методик формирования двигательных умений борцов на поясах, как без соперника, так и с условным (пассивным) соперником, а также с активным соперником для усовершенствования техники и тактики действия.

Улучшение методик физического воспитания студентов в процессе прохождения курса борьбы на поясах и дальнейшие пути их развития.

Ключевые слова: *алыш, борьба на поясах, физическое воспитание.*

Setting and urgency of the problem. At the present stage of development of national education in Ukraine, the growing incidence of reduced level of physical fitness at a young age, all raises the question of formation of motor skills of students in physical education. [10]

The most urgent problem of physical education in modern higher education is to improve the motor skills of students by various means of physical and sports training as required, and the elective classes.

The problem of control of movements in sport is closely linked with the explanation of laws regulating individual types of movements and posture [15, 21].

One of the promising directions of improving the quality of motor skills of students is the use in the educational process of students means Wrestling Alysh given the state of their physical readiness.

Despite the fact that the formation of motor skills of students by means of belt wrestling Alysh is an important condition for athletic training fighters, there are still no adequate scientific information about the backup capabilities of the propulsion system in the belt wrestlers.

The solution of the problems associated with the development of science-based students training system means Wrestling Alysh, with the introduction of many of variant methods of improving athletic training belt wrestlers Alysh in high school physical education, which can increase the reserve possibilities of students-athletes, improve movement control quality and increase their level of physical fitness and

sports performance [1, 2, 9, 13].

However, this problem is not given sufficient attention, although it is an extremely complex and important for the improvement of physical training of students and improve their sporting achievements.

The purpose of the study and setting goals. The aim of the study is to develop and study the contents and methods of formation of motor skills of students by means of struggle on Alysh zones.

According to this goal the following objectives have been identified:

- Review the literature on the formation of motor skills of students;
- Analyze existing methods and the use of elements of the system in the course of physical training of students;
- To outline ways of further development of the formation of motor skills of students by means of belt wrestling Alysh today.

The results of research. The most urgent problem of physical education in modern higher education is to improve the motor skills of students by various means of physical and sports training. It has been established for training in high school the number of preparatory and special medical groups is increasing from 5.36% in the first year to 14.46% in the fourth year. Accordingly, a decrease in the number of core group from 84% to 70.2% [4]. There is a clear mismatch between the requirements of state standards for physical education for high schools and low levels of physical training a large part of students. Therefore, a search term and a scientific substantiation of effective tools and new methods of physical training, to attract more students to the sport, in particular on the fight Alysh zones.

L.B. Andryushchenko [16] believes that the essence of the profiling of physical fitness is that the basis of sports and physical training provides similar movement process and the direct relationship of each type of exercise can be identified by coincidence psychophysical characteristics.

Formation of motor skills - is the creation of favorable conditions for the improvement of skills in action-type motor responses.

Determine the three phases of the process of formation of motor skills.

The first phase includes the initial attempts of independent performance of actions determine how to establish a new propulsion concepts of action.

The second phase involves the mastery of rational means performing motor actions, during which the motor is determined by the new act, realized its components are correct and complete representation of the motor.

The third phase involves the refinement of learned motor actions in order to achieve high results and sportsmanship in the sport [11].

All motor skills include both conscious and automatic components. By the conscious component skills should include everything that is reflected in the word. For example, such components of the acquired motor skill in the performance of a deflection roll: capture his belt, sit-ups, tipping over his back, fixing an opponent on the mat. These links action fighter clearly understands, and they are under the control of his mind.

The structure of the automatic motor skills components include level actions that are not reflected in the word. In this example, the motor skills a throw deflection is automatically flexing the legs by a predetermined angle with the squats, the power of the legs have to throw a number of other movements in the cast structure. The nature of consciousness and awareness of movements in the memorized actions revealed Y.M. Sechenov [17,18].

Formation of motor skills is carried out laws, among which the main are: 1) the presence of the growth results of motor actions and consolidation of motor skills; 2) rapid growth results in the beginning of the formation of motor skills and a decrease in the end; 3) uneven abrupt increase in the results; 4) the availability of certain delays in the further growth of the results [12].

The successful formation of complex motor skills V.M. Dyachkov [6] offers the following training methods:

1) method of the special complications of external circumstances in the performance of techniques and motor action as a whole; 2) Method complexity conditions through targeted changes of an athlete functions; 3) the method of communication actions; 4) method targeted at improving the conditions of individual techniques; 5) the method when the standard conditions in general methods.

The establishment and improvement of motor skills should be conducted in the light of the specific conditions that affect the speed and efficiency of their purchase. To learn how to fight the reception "sweeps" do not need a lot of time. But the throw deflection should be a few years of schooling. So, from this we can conclude that the rate of production of motor skills depends on the objective conditions of execution of motor actions.

Improving the quality of control of movements of different coordination structure, the reliability of their implementation in different circumstances indicate that the adequacy and effectiveness of existing methodological approaches to increase the reserves of the propulsion system of the students [5, 14].

Long-term purposeful work of employees of the Faculty of Physical Education and Sports National Pedagogical Dragomanov University has allowed building physical education classes with elements of traditional physical culture based on Ukrainian folk traditions and reconstructed Ukrainian Wrestling [8].

According to V. V. Kvartych [7] use of the martial arts to give students the ability to effectively train motor skills in physical education and reduce the costs of mental and physical strength during exercise.

In the process of physical education students are set the task of expanding the methods of formation of motor skills through a variety of martial arts including means struggle on Alysh zones. In the available literature we have not found data on the formation of motor skills by means of belt wrestling Alysh in physical education students. Therefore, there was a question of development of specific motor skills of students by means of struggle to Alysh zones.

Fighting on Alysh belts - modular sport created to unite under the common rules of international competition for many national types waist fight [3]. The main objectives of the spread Wrestling Alysh are: increasing variability art belt fight, promoting healthy lifestyles, preservation and revival of national cultural values and traditions [8, 9, 19].

From other forms of struggle in the way different zones Alysh belts content. Before capturing fighters should wrap belt each other around their wrists. There are two styles, are permitted or prohibited from holding receptions feet. Most of the competition is held in the first

style, which is also called "free."

Modern Alysh is a vertical view of the fight. At the competition of the International Federation of Wrestling Alysh athletes perform in the same form, in jackets of blue or green and white trousers. Over jacket binds red belt. The fighters captured in the standing of each other for the belt grip and cross from this situation are beginning to struggle. Allowed all actions that can translate the opponent from a standing position to a prone position, on the strict condition - fighters should not let go of seizures. The struggle is conducted only in a standing position. Victory wins the athlete who takes his opponent out of position rack in the prone position. Competitions are held on the Olympic system [13].

The main activities during the Wrestling Alysh are: machinery throws, churning machinery and equipment stall an opponent. Supporting actions are: machinery and captures movement on the opponent's belt, various equipment movements on the carpet and breeding technique of balance.

The main technical methods Wrestling Alysh include "sweeps" actions involving the hips, "Pick-up" actions involving the breast, the withdrawal of balance, "landing", "promotion", "catch", "tripping", "undercuts". Each of these techniques has several variations of methods of execution, makes the fight to Alysh zones more spectacular and attractive, both for athletes and spectators. A high dynamic motion requires comprehensive training of athletes - physical, moral and volitional, mental, technical, and the like.

Thus, the struggle to Alysh zones - a relatively new kind of national martial arts, modalities, rules of competition and coordination of movement structure is relatively simple, has great opportunities for the development of motor qualities and raise moral and volitional qualities and patriotism, as well as the motivation for self-improvement and healthy lifestyle [8, 13].

Especially the use of this type of martial arts on the compulsory and elective classes are great opportunities for the use of students with different levels of motor fitness; no special conditions and fairly simple rules for training. Alysh struggle is gaining popularity among the youth of today and can be one of the most effective means of forming healthy lifestyle.

Struggle on belts Alysh technique involves basic technique (throwing techniques, beating machines, equipment stall) and the auxiliary equipment (technology captures capture, equipment movement on the belt, the technique of movement on the carpet, off-balance technique) [9, 13, 20].

Method of exercise without the opponent used during the first stages of learning the initial familiarization and technical actions.

Method exercises with conventional (passive) opponent is to use assistive devices (mannequins, various training devices, etc.). This method is used for the initial and in-depth learning the techniques and allows to fulfill the spatial, temporal, rhythmic characteristics of movements to develop visual-motor sensations in the frequent repetition of the technical elements and their combinations.

Method of exercise with a partner is the basis for in-depth study and improves techniques and tactics of struggle. Fixed assets pair and group exercises. Performing technical actions with a partner contributes to the development of the basic elements of tactics - the feeling of the moment to begin the attack, speed and accuracy of motor responses, comprehensive differentiating movement parameters.

Method of exercise with an active rival used to improve the techniques and tactics of action, taking into account the individual characteristics of the opponent; raising moral and volitional qualities; Development of tactical thinking. This method allows improving the technique and tactics of actions in terms of information and the temporary shortage emergencies, highly nervous and emotional tension.

Conclusions.

1. The data on the status of physical education in the universities of Ukraine and the prospects for further development of the formation of motor skills of students.

2. The analysis of existing methods of formation of motor skills of students and the necessity of developing new approaches to their preparation using Alysh struggle on belts, as required and in extracurricular activities. Among which the most interesting are the methods of exercise without an opponent with a conventional and an active competitor.

Prospects for further research related to the study and the subsequent development of new techniques, tools and methods of control of formation of motor skills of students through the struggle on Alysh zones and their implementation, as required and in extracurricular activities. This will allow feedback between teacher and sportsman, and on this basis, to raise the level of management decisions in the formation of motor skills and the students' skills.

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МОНИТОРИНГ УРОВНЯ ФИЗИЧЕСКОЙ КОНДИЦИИ ЖЕНЩИН ЗРЕЛОГО ВОЗРАСТА В ПРОЦЕССЕ ЗАНЯТИЙ ОЗДОРОВИТЕЛЬНЫМ ШЕЙПИНГОМ

Етапний педагогічний експеримент включав в себе виявлення вихідного рівня фізичної кондиції жінок першого (21-35 років) і другого (36-55 років) зрілого віку, критеріїв індивідуального підходу для розробки моделі шейпінг-тренування і застосування шейпінг програм, заснованих на диференційованому розподілі навантаження в залежності від фаз оваріально-менструального циклу жінок. Ефективність запропонованої технології шейпінг-тренування підтверджується сприятливою динамікою показників фізичного розвитку, функціонального стану і фізичної підготовленості жінок.

Ключевые слова: женщины, период зрілого віку, модель шейпінг-тренування, технологія шейпінг, фізичні кондиції, оваріально-менструальний цикл.

Врублевський Є.П. Моніторинг рівня фізичної кондиції жінок зрілого віку в процесі занять оздоровчим шейпінгом. Етапний педагогічний експеримент включав в себе виявлення вихідного рівня фізичної кондиції жінок першого (21-35 років) і другого (36-55 років) зрілого віку, критеріїв індивідуального підходу для розробки моделі шейпінг-тренування і застосування шейпінг програм, заснованих на диференційованому розподілі навантаження в залежності від фаз оваріально-менструального циклу жінок. Ефективність запропонованої технології шейпінг-тренування підтверджується сприятливою динамікою показників фізичного розвитку, функціонального стану і фізичної підготовленості жінок.

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Vrublevskiy E.P. Monitoring the level of physical condition of women of mature age in the course of employment by shaping wellness. The pedagogical experiment consisting of several stages included the identification of initial physical fitness of women in their first (21-35 years) and second (36-55 years) mature age, the criteria of individual approach to the development of a model shaping training and application of shaping programs based on differentiated distribution of load depending on phases of women ovarian menstrual